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> 24 It's a hard life



the newham mag

issue 311 13 - 26 March 2015 Every fortnight



Cleaning up
the streets

Enforcement on the doorstep (p12)

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In this edition of the Newham Mag you can find out how enforcement officers based at the heart of our community neighbourhoods are dealing with the anti-social behaviour and environmental crime taking place on our doorsteps [p12].

You can also take a look at the council services you can engage with online and how we can all get things done at a time that suits us best [p11]. We also mark International Women's Day and see how inspirational local women are leading the way by setting up their own businesses [p18], and in sport through playing Rugby [p16].

There is a reminder that you have to register your right to vote if you want to have a say in the Parliamentary General Election in May [p11]. See how childminders can offer some of the best start in life [p8] and discover how changes in care and support might affect us [p27]. And actor Robert Mountford will be helping us to brush up our Shakespeare [p24].

Councillor Umesh Desai
Cabinet Member for Crime and Anti-Social Behaviour

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Look out for the next issue from 27 March.
View the mag online at www.newham.gov.uk/mag

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Love Newham? Download the free Love Newham app and report a range of environmental issues. Visit: www.newham.gov.uk/lovenewham

03

IN BRIEF //

Man fined over noisy dogs

A Newham Council leaseholder who allowed his dogs to intimidate and cause nuisance to his neighbours has agreed to remove the animals.

Mohammed Zamani, of Richmond Street, Plaistow, gave the undertaking at Bow County Court. Residents had complained the two dogs were left in a rage in the back garden and their barking caused a nuisance. Money also accumulated in the garden.

One dog is not allowed back in the property. Zamani must notify the council if he wishes to bring the smocked dog, a Staffieshire Bull Terrier, back to the property but not within 12 months. The case will return to court if Zamani breaches the undertaking.

Book in for health awareness

Residents are invited to attend two events that are raising awareness about tuberculosis (TB) and autism.

The TB event takes place on Tuesday 24 March from 12.30pm at East Ham Customer Services Centre in Barkingside Road. Jessie Potter, TB Research Fellow at Barts Health Trust, will be guest speaker.

Places are limited. To book email deborah.pedki@newham.gov.uk or call 020 3373 8671.

The autism awareness day takes place on Thursday 2 April at Plaistow Library in North Street, from 10.30am-2.30pm.

Activities include music, poems and inspirational stories. Email commissioning.assistant@newham.gov.uk or call 020 3373 9766.

Rugby League at Olympic Stadium

The Olympic Stadium will host International Rugby League for the first time on November 7 when England face New Zealand.

The 54,000-capacity all-seater stadium is one of three venues named as part of a three-match series. The other two games are in Hull and Wigan. Tickets are now on general sale.

>> Have your say on roundabout proposals

Newham residents are being asked for their opinions on proposed improvements to the Bow roundabout which links High Street, Stratford, with Bow Road.

The roundabout is a key interchange of the A12 Blackwall Tunnel Northern Approach, the A11 Bow Road and the A118 High Street, Stratford. All are busy roads with thousands of people using them each day.

Transport for London (TfL) is consulting on proposals that could see improvements to the roundabout and make it easier and safer for pedestrians and cyclists to use. TfL says it is currently unsafe because it lacks signalled crossings.

The proposals include new signalled pedestrian and cycle crossings, the creation of a new public space under the Bow flyover and the installation of new lighting and signs to provide simple and clear directions. The consultation runs until Wednesday 1 April and you can take part online at www.newham.gov.uk/bow.



Sport on the doorstep

Newham's Young Mayor is encouraging young people aged 14 to 25 to take part in sports activities that are taking place right on their doorsteps.

The Doorstep Club programme, delivered by Newham Council's leisure provider activeNewham, in association with StreetGames and Sport England, currently offers 12 fun, informal and exciting multi-sport clubs for young people of all abilities.

Sessions include girls' football, football, dodgeball, ultimate Frisbee, handball, BMX, mountain biking, basketball, futsal, netball, athletics, tennis and cheerleading at a range of venues across the borough.

Young Mayor Yassan Riaz who attended the session at Forest Gate Youth Zone in Woodford Road said: "There is no excuse for young people not to get involved in physical activity. There is so much going on across the borough." For details of sessions where you are visit www.activeNewham.org.uk





News

Clean-up is a tidy effort

Young residents in Forest Gate were joined by Newham councillors when they made a tidy effort to clean up part of their neighbourhood.

The Astor Academy's Big Clean Up event proved a huge success as volunteers collected 20 full bags from the area close to the academy in Hamford Road. Together the bags weighed more than 150kg.

The session was arranged with support from Keep Britain Tidy (KBT) and Newham Council's Forest Gate Community Neighbourhood team. Refreshments were provided and KBT also gave out information on waste and recycling.

Forest Gate South ward councillor Mas Patel who attended said: "It is great to see young people taking pride in their community and organisations coming together for the good of all. The day was a great success and we thank all those who took part and helped to organise it."



Rubbish dump woman is fined

A woman has been fined £250 for dumping bikes, children's toys and electrical equipment on the corner of a street in Forest Gate.

Scolastica Nasasaki, 46, of Palmerston Road, Forest Gate, was given a fixed penalty notice by a Newham Council enforcement officer who spotted her putting the items on the corner of Vale Road on 8 June last year. She told the officer she thought it was the right way to dispose of rubbish.

Nasasaki failed to pay the notice and was prosecuted by the council. She pleaded not guilty at a hearing in November but failed to attend a trial at Waltham Forest Magistrates' Court on February 26. She was convicted in her absence and fined and also ordered to pay £150 costs and a £25 victim surcharge.

Residents can request a free bulky waste collection for up to six items of waste at www.newham.gov.uk.



Every child has secondary school place

Every Newham child has a guaranteed secondary school place for 2015 following the release of the London-wide secondary school admissions data.

Newham Council received 4,013 applications for places by 31 October 2014 which was the national closing date. Some 75 per cent (2,987 pupils) were offered a place at their first preference school - higher than the London average of 68 per cent.

Overall 97 per cent (3,886 pupils) were offered a place at

one of their top six schools. The small number who could not be offered a place at one of their preferred schools were allocated places at the school closest to their home that still had places available. Councillor Quintin Pippett, Cabinet Member for Children and Young People, said: "Newham has one of the largest populations of young people compared to other London boroughs. We worked hard to ensure our children can attend the schools of their choice."

Giving our children the best start in life

I've always been committed to investing in things that boost our children's attainment as well as offering them opportunities that will enrich their learning experiences. Investing in the early years of a child's life is crucial to securing positive outcomes for them later on.

Despite savage cuts in our funding from the Government we have pressed on with our free school meals offer, our Every Child programme and our improvements to primary and secondary schools and children's centres, like the ones I saw at Ker Herde School in Corringham recently. But the reality is that we will have less money to spend in future.

"Investing in the early years of a child's life is crucial to securing positive outcomes for them later on."

Over the next three years we will need to reduce our budget by £210m to deal with Government cuts and other cost pressures. The focus of Government funding has also shifted from children's centres to childcare, particularly through the introduction of free childcare for disadvantaged two year olds.

We will have to decide how and where services are delivered, and our children's centre managers will help us to understand what we can deliver in partnership across our Community Neighbourhoods.

The process will begin by developing a new way of supporting children and families in the first years of life. I want to hear what families and the staff at our children's centres think about what should be available locally within ever deepening funding constraints. I will need your help to

shape this offer and the consultation programme will begin soon.

But our commitment to a free local offer to support every family to ensure their children are school ready at the age of five is as strong as ever. I want all parents in Newham to have a Best Start in Life Guarantee, beginning with a strong health offer from pregnancy, followed by support with positive parenting, play opportunities, good quality childcare, and finally with help in finding a job, because you are better off in work than you are on benefits.



Inspired futures at Ker Herde School



Mayor's view

Tackling those who abuse our streets

I know that crime and anti-social behaviour are top concerns for many residents. Through our enforcement and enforcement teams, Newham Council already does more to keep our streets cleaner and safer than ever before, and now we are in a position to respond even more quickly and effectively.

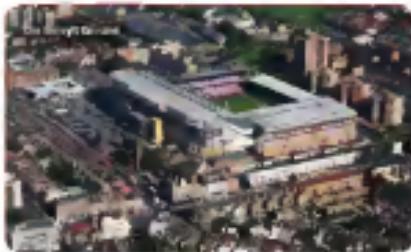
One of my election promises to you in 2014 was to have a dedicated enforcement officer in each of the 20 wards across Newham, delivering exactly what local residents want. Those officers are now in place, working alongside you, the very people who know what needs to happen to improve where you live.

Most people care about our borough and don't drop litter or make a lot of noise or commit crimes. Our officers will not shy away from tackling the small number of irresponsible people who commit crime and anti-social behaviour and abuse our streets. In a time of great austerity, I will continue to spend on the things that matter most to you.



With enforcement officer Dennis Bailey, Cllr Michael Cookson, member for safety and anti-social behaviour, and Cllr Ken Clark, cabinet member for Building Communities

Housing offer was an own goal



I have always been clear that Newham residents must get the best deal out of any regeneration project that a developer brings to our table, especially in terms of the amount of affordable housing. That's why the initial offer by those seeking to redevelop the Boleyn Ground in Upton Park was insulting and totally unacceptable.

The proposals by Boleyn Phoenix Limited, acting on behalf of Galliard Homes, lacked any substantial affordable housing offer, therefore making this development financially out of reach to many Newham residents. They need to drastically rethink their ridiculous offer and ensure it offers a good mixture of tenures including social, affordable and intermediate rents.

I am immensely proud of Upton Park's diverse community and sporting legacy. The redevelopment of the ground must work for the whole community. It's not just about new homes though. I also want job opportunities for local people and community spaces that residents will be able to utilise.

with Sir Robin Wales

The best start

Newham Council, by supporting families when they most need it, is committed to making sure children do not miss out and get the best possible start in life.

Many children in the borough are entitled to up to 15 hours of free early education and childcare at the age of two if their parents receive certain benefits and are below certain income thresholds. That could be in the form of a home place with an approved nursery, pre-school or childminder.

Lorraine McPherson, a childminder in Beckton, is adamant that taking advantage of good quality early education for two gives children a good start. She also maintains that parents shouldn't be afraid of putting their trust in approved childminders.

"The council are very thorough with their training. They support childminders immensely"

Lorraine has been registered with Newham Council for three-and-a-half years. She is rated as good by the Office for Standards in Education and has qualifications recognised by the council as amongst the best.

She said: "The council are very thorough with their training. They support childminders immensely. I also get a lot of support from my local children's centre, Ellen Wilkinson, who have sessions on Monday where parents looking for childcare can come and meet us and see us work with the children we look after."

Lorraine currently looks after six children, the full quota she is allowed. Two of them are part of the free childcare offer. She currently works at

home, but with children on her waiting list, she is looking to rent premises in future. "That way I can offer more of a service to more families," she said.

She was a travel agent for 20 years and before retraining at university and going into teaching in both primary and secondary schools. She said: "I knew pretty much early on that I wanted to work with younger children in early years education so I could help lay the foundations for the next 70 years of their life."

Lorraine knew becoming a childminder would be a stepping stone to getting known in her neighbourhood and eventually setting up her own nursery. She said: "I had a triple buggy and walked around the area a lot singing to the children. That's how people got to know me."

She is also a back-up foster carer, looking after children on a short term basis when other foster parents need some respite. Lorraine said: "I can honestly say that this is the best job I've ever had and I've had a few in my time."

"It is hard work and you have to do a lot of paperwork and planning. You need to be good with how you plan your time, but at the end of the day it is my business and I expect to have to put in the hours. You get the rewards when you see how a child you help look after is developing. I don't know everything but the council's early intervention team are always on hand to help."

Lorraine offers the example of one boy who had delayed speech, but is

now talking well because he has built confidence from socialising with the other children she cares for.

"Parents shouldn't be afraid of giving childminders a go and taking up the free childcare that is available to them if they are eligible"

She said: "If parents are looking for small group care for their child in a home-from-home environment, going to a childminder can be a good thing. I would never put a nursery down, but sometimes they are very big with a high turnover of staff. It is difficult if a child forms a bond with a member of staff and that person moves on. With me things will only change if the family has a change in family circumstances."

"I think I'm like an aunt to the children I look after. Parents shouldn't be afraid of giving childminders a go and taking up the free childcare that is available to them if they are eligible. We are flexible and we can work around the needs of parents."

Photo: Steve Smailes

You can find out if you are eligible for the free early years education offer by contacting Newham Council's Learning and Achievement Team on 020 3373 0960 or emailing childcare@newham.gov.uk.

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n life



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Register by going to www.activeNewham.org.uk



For more information about this great new fitness centre at the heart of the local community please call 0300 124 0123

Manor Park Fitness Centre
464 High Street North
Manor Park, London
E12 8QH

Key to doing things online

Many of us now buy our weekly shop and do our online banking over the internet or on our smartphone or tablet from the sofa, train or the office. But there's a whole host of services offered by Newham Council that you can do faster and more conveniently when you visit www.newham.gov.uk/doitonline

You can save time when you book services, report issues, or find out about the latest news, events or activities online. You can save time by booking free bulky waste collections, paying bills or applying for parking permits, all at a time that suits you best.

Overall, thanks to the online services available, almost half of all transactions made by residents with Newham Council are outside of normal working hours. Since April 2014 more than 48,500 applications to renew or receive parking permit have been received online as well as more than 29,700 requests for bulky waste collections.

There has also been almost 3,000 fly-tips reported online. More than 1,100 customers per week view their Council Tax, benefits or rent statements online. And customers made more than £800,000 of payments per month on mobile devices.

If you haven't got a computer, all our libraries have self-service booths and free WiFi access where you can interact with the council for free.

Online you can:

- > Apply for resident and visitor parking permits
- > Apply for free bulky and green waste collections
- > Report anti-social behaviour including abandoned vehicles and fly-tips
- > Apply for new or replacement bins
- > Pay rent, Council Tax and other bills
- > View and bid for Choice Based Lettings properties
- > Check your rent and Council Tax balances and statements
- > Search for and renew your library items
- > Search and apply for jobs
- > View applications for building and planning
- > Apply for a landlord licence
- > Contact Mayor Sir Robin Wales or your local councillor

How to do it online:

1. Go to www.newham.gov.uk/doitonline
2. Select the service you require and follow the instructions

The following services are now available online only:

Parking

Resident parking permits

Parking fines queries and appeals

Careers permits

Disabled resident permits

Resident visitor parking permits

Free resident visitor permits

Waste services

Free bulky waste collections

Domestic bin replacement, requests and exchanges

Free garden waste collections

Recycling bin queries





The enforcer

Residents of Newham say crime and anti-social behaviour are among their top concerns. The council is already doing more than ever before to keep our streets clean and safer. The introduction of an enforcement officer for every ward across the borough is ensuring residents get the very best service.

From this month a dedicated ward officer (DWO) is spearheading enforcement activity in your community neighbourhood. It fulfils an election promise made last year by Mayor Sir Robin Wales and local councillors.

These uniformed officers are coming to or near their identified ward to deal with specific matters that could be resolved quickly. These include waste in front gardens, abandoned vehicles, unlicensed skips, and fly-tips where there is evidence identifying where the waste came from. In all of these instances the officers attend and issue fixed penalty notices to those responsible.

The DWOs can call in others if further investigation and evidence gathering is required in matters such as noise nuisance, anti-social behaviour or unauthorised access to tower blocks for example.

The officers are working to a mixture of shifts and occasional weekends. Every street, alley, and estate is patrolled on foot or by bicycle at least once every week, while high footfall routes such as high streets, which are being dealt with by other Enforcement Officers. Terence Holden is the dedicated ward officer for Custom House ward.

He has been an enforcement officer for six months and before that served as a Police Community Support Officer (PCSO). Terence said: "The skills I developed with the Metropolitan Police come in really useful in the job, but what I do now is all about enforcement. I can be much more proactive in this role whereas

before it was very reactive."

"I'm really enjoying what I do now. No two days are ever the same. And it is definitely an advantage to be based so close to where I am working. I like having that interaction with residents. We can share information with each other and that can result in better outcomes for all of us."

In a typical day on his patrols of the neighbourhood Terence can deal with a range of matters such as fly-tipping, littering, spitting, dog fouling, illegal street trading, fly-posting, waste in front gardens, rough sleepers, abandoned vehicles, and cycling on the footway amongst a host of others.

He said: "I was a PCSO for nine years but fancied a change and the job is a good opportunity for me. I love being in Newham. It's a very energetic population.

"The reception I get from residents is really warm. I think people do appreciate another uniformed presence in a role that is helping them and is beneficial to the area. Having someone local that they can report things to is working well. And we work closely with the local councillors too."

"I prefer being out where it is all happening. That way you get a better feel for your community and you can build up a good relationship with them. I'm here to serve the residents of Newham and work on the environmental issues that really concern them in the ward."

"People shouldn't be afraid to come up and have a chat. I'm here to serve them and I'm looking forward to meeting more of them in future."

Where your DWO will be based:

19a Station Road, E12
Manor Park
Little Ilford
East Ham North

East Ham Town Hall Annex, E6
East Ham Central
Well End
East Ham South

Stratford Library, E15
Stratford & New Town
West Ham

Forest Gate Library, E7
Forest Gate East
Forest Gate West

Green Street Library, E13
Green Street East
Green Street West
Barking

Plaistow Library, E13
Plaistow North
Plaistow South

The Hub, Star Lane, E16
Canning Town North
Canning Town South

Newham Dockside, E16
Beckton
Royal Docks
Customs House

To report anti-social behaviour visit www.newham.gov.uk/asb

Tell us about your travel habits and help improve Newham through better local connections and neighbourhoods.



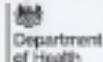
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www.newham.gov.uk/pasta



This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement nr: 440314-2



From April 2015
care and support in
England is changing for
the better.

The new Care Act will help make the care and support system more consistent across the country. If you receive care and support, or you support someone as a carer, you could benefit from the changes.

For more information visit www.gov.uk/careandsupport
or email CareAct2014@newham.gov.uk



Take the plunge

If you ever felt like taking the plunge in the open water of Newham's rejuvenated Royal Docks, here's your chance to do it in a safe and organised way.

The Great Newham London Swim is taking place at Royal Victoria Dock on Saturday 16 July. The popular event, previously known as the Great London Swim, is an exciting challenge suitable for all abilities from first timers to budding triathletes and open water swim veterans.

The one mile course offers an opportunity to swim outside in the shadow of the ExCeL exhibition centre and the Emirates Air Line. The event will also include a half mile option which is a great introductory experience to open water swimming suitable for anyone aged 12 and over. Whatever your level of

experience you can enjoy the water safe in the knowledge that expert safety kayakers will be with you every stroke of the way.

The Great Newham London Swim, supported by Newham Council, is part of a Great weekend of sport and will be held the day before the Morrisons Great Newham London Run, which is expected to finish on the track in the Olympic Stadium.

Thanks to Mayor Sir Robin Wales there are 50 free places available for Newham residents to take part in the Great Newham London Swim. Apply for your free place by Friday 17 April by emailing newhamresidents@greatswim.org

Photo: ©Great Newham London Swim

HOW TO ENTER:

For more information about the event visit greatswim.org/London or join the conversation at facebook.com/greatswim

1/2 MILE SWIM

Price: £32 per entry

A great introduction to outdoor swimming equivalent to around 32 lengths of a 25m pool. Average completion time: 20 mins. Suitable for under-16s. Entrants must be 12 and above.

1 MILE SWIM

Price: £60 per entry

Suitable for swimmers of all abilities - equivalent to 64 lengths of a 25m pool. Average completion time: 40 mins. Take a leisurely breaststroke and enjoy the scenery or kick into crawl for a faster time. Entrants must be 16 and above.





Enterprising women do the business

Claire Amerson



Caroline Ellery



International Women's Day has celebrated the social, economic and political achievements of women for more than a century. Observed annually on 8 March, the day celebrates the accomplishments of women while calling for greater equality and drawing focus on women's rights.

The theme for the year was Make it Happen. In Newham there are already many women making it happen, including three who have set up businesses with support from the Links to Enterprise programme run by Canning Town-based Community Links since 2013, supported by Barclays.

Iman Made – Iman Ogoo

Photo: © Community Links

"Throughout my childhood I suffered from eczema and dry skin. Shop-bought skin creams and lotions had little impact so I began making my own. When two of my sons developed similar conditions I knew it was time to do something about it so I taught myself about making my own cosmetics.

"I met Community Links staff at a community festival where I was selling from a small table. I had already set up my own business, but the support they offered meant I could focus on understanding what I needed to do to make my business work.

"I was selected to sell my products



in a pop-up shop at Westfield Stratford City just before Christmas. It was a great opportunity to sell in a high profile retail location. The Links to Enterprise project also named me with a mentor from Barclays. We talk through any concerns and plans for the future."

Cakes by Ellery – Lorraine Ellery

Photo: © Community Links

"I was a single mum at home but helped at a women's group. I'd always had the ability to make good cakes – my mum baked a lot and I learnt from watching her. I began making cakes for the women's group and received good feedback.

"I was asked to make a cake for my neoc's first communion. There were positive comments and I received a few commissions, which I could fit around caring for my young son. Once he started



pre-school I had more time to make the most of this and earn a steady income."

"Links to Enterprise gave me the push I needed. At first I focused on bespoke cakes but they suggested selling at markets and now I trade at a regular stall. My dream is to run baking classes for single mothers and donate some of my profits to We Are Family, the support group I am involved in."

Private Tutor – Claire Anderson

"I was made redundant after three years as a teaching assistant in a primary school. I wanted to carry on teaching so when some parents asked for private tutoring, I said yes."

"I enjoyed it so decided to try offering my services locally. I dropped flyers around the area and got lots of calls from parents who were interested."

"I didn't know how to go about turning the tutoring into a business, but Links to Enterprise provided training which built my confidence and knowledge. They supported me to write a business plan and I have now registered my company and have an investor."

"I plan to open a shop space so that I can start tutoring groups. In the long term I'd like to open a couple of centres and take on additional staff."

The Links to Enterprise programme has helped more than 50 people start their own business from baking to tutoring, from plumbing to photography and from fashion design to managing a music studio.

If you'd like to talk to Community Links about support for your own business start-up call the Links to Enterprise team on 020 7473 2270 or email enterprise.team@community-links.org

Newham Council's Business Development Service can also help get your own business off the ground. Contact the Newham Business Desk on 020 3373 7373 or email newhambusinessdesk@newham.gov.uk

Play Rugby? This girl can

A national campaign by Sport England is celebrating active women everywhere and proving that whatever size, ability or previous experience, sport can be a fun and enjoyable part of their lives. For the doubters who say women shouldn't be playing Rugby, Amanda Farrow has a simple message: "This Girl Can."

Amanda, founder of East London Ladies RFC, is only 5ft and weighs around seven stone. She said: "When I tell people I play Rugby people I sometimes get quizzical looks. It's a stereotypical image that women players need to be big. It's good to be able to challenge that view."

She started life as a 400m runner and represented England at under-16 level. She also played netball. Six years ago she began playing women's Rugby with students at University of East London and four years ago she formed East London Ladies.

"We have all sizes, shapes and levels of ability and girls from different cultures who enjoy playing"

Amanda said: "I've been into sport since school and was really into athletics. When I went to Leicester University the only sport the girls did was netball, which I don't like. It wasn't aggressive enough for me. I got into rugby because I worked behind the bar at Leicester Tigers Rugby Club. I met the captain Martin Johnson, who led England to win the Rugby World Cup in 2003. He really inspired me."

Other heroes are Jonny Wilkinson, England's 2003 match winner – Amanda plays in the same number

10 fly-half position as him – and women's star Maggie Alphonsi. She said: "Jonny was in all the newspapers and women's magazines after he won the world cup. He made Rugby more accessible. Maggie is up there with the best in the women's game."

When Amanda came to work in Newham there were no Rugby teams locally for women and few nationally. Now there are more than 500 women's teams across the country and eight in the National Challenge South East 3 League where East London play. In 2014 England won the Women's Rugby World Cup. In 2016 women will be playing Rugby in the Olympics in Rio.

Having spent their first two years in a development league, East London entered the regional competition two years ago and won their division. They could still win their division this season. Amanda said: "When you go up a league it is a massive jump in ability and you need a bigger squad. You cannot sum up with just 15 players."

She added: "Our sport is really on the up. I like playing Rugby because it's a great team sport. It's traditionally a men's game and there are still plenty who say women shouldn't do it. But girls can play and we do it in the same way as the guys. We want to have fun and we do that playing Rugby. We

have all sizes, shapes and levels of ability and girls from different cultures too who enjoy playing."

"There is now Tag Rugby and Touch Rugby, which is a good starting point for people wary of the contact side. Tag and Touch teams have to have women in them, which is brilliant. Another brilliant thing about Rugby is the social side. On the pitch we threw each other around in training or in games and then got together for a drink or a chat afterwards. At East London the men's teams have welcomed us with open arms and we are one club."

"The ladies are a great mix of people. We are ambitious, don't take ourselves too seriously, but we want to show we can play the same way as men. If girls want to do that, come to East London."

East London Ladies RFC are based at the Memorial Ground in Hollins Road, West Ham. They train on Wednesday evenings during the season from 7-8pm. Games take place on Sunday. All abilities are welcome.

For more information visit their page on Facebook. For further information about women in sport visit www.thisgirlcan.co.uk.





Newham in pictures



1 You've got to hand it to them! Youngsters enjoy a session of hula hoop at Newham Leisure Centre, E15, as part of the Doorstep Sports Club programme. 2 The perfect stage! The audience at Manor Park Library, E12, enjoyed the Open Book Theatre Company performance of *The Wind in the Willows*, supported by Newham Council. 3 In a spin! Hula hoop sessions are proving great fun at Koir Heddle Recreation Ground, E15. 4 My bag was this big! Young residents collected rubbish at the Aztec Academy clean up event in Forest Gate, E7. 5 Don't you just dig it? Volunteers prepare a new community garden due to open soon in Canning Town, E16.

FreedomPass RENEWAL 2015

Are You a Freedom Pass Holder?

Newham Council is taking part in a London-wide scheme to renew all disabled person's freedom passes which expire on 31 March 2015.



Between September 2014 and January 2015 we will contact you with details of how to renew your freedom pass so it is ready for April 2015. You do not need to contact us.

If you have an **elder person's** freedom pass that expires on 31 March 2015, visit www.newham.gov.uk/freedompass or call 0208 336 1433 for more information on how to renew your pass.

LONDON COUNCILS

Attention parents!

Free early education for two-year-olds

Your child may be entitled to up to 15 hours of free early education per week

London Borough of Newham

COUNCIL TAX - 2015/2016

NOTICE IS HEREBY GIVEN that on 23rd February 2015 Under Section 30(2) of the Local Government Finance Act, 1992, the Council of the London Borough of Newham set the following amounts of Council Tax for the period 1st April 2015 to 31st March 2016.

DATED this 4th day of March 2015

Valuation band	Amount of Council Tax
A	£827.00
B	£954.00
C	£1182.78
D	£1243.65
E	£1519.00
F	£1789.00
G	£2057.72
H	£2181.26

Dated 4th March 2015
Kim Stanley Derry
Chief Executive

Newham London



Find out if you are eligible
email twotwoyearoldchildcare@newham.gov.uk
call 020 3373 0980

REGISTERING YOUR RIGHT TO VOTE

Time is running out if you wish to make sure you can exercise your right to vote in the UK Parliamentary General Election on Thursday 7 May.

The deadline to register to vote in this section is 20 April. If you don't want to lose your opportunity to take part you need to register now. You can only vote if you are on the electoral register. It's free and easy to sign up and will only take minutes if you do it online.

You can register online on your personal computer at home, smartphone and tablet device. If you haven't got a computer, all Newham libraries have self-service booths and free internet access where you can do it. All you need to provide is your name, address, date of birth and National Insurance number.

Being able to register online is part of the move to Individual Electoral Registration (IER), which has replaced the old and outdated household registration system. Before, one person was responsible for registering everyone who lived at an address. Under the new system

each person is responsible for their own registration. The system is also designed to prevent fraud because it enables checks to be made that shows everyone on the register is who they say they are.

How to register online:

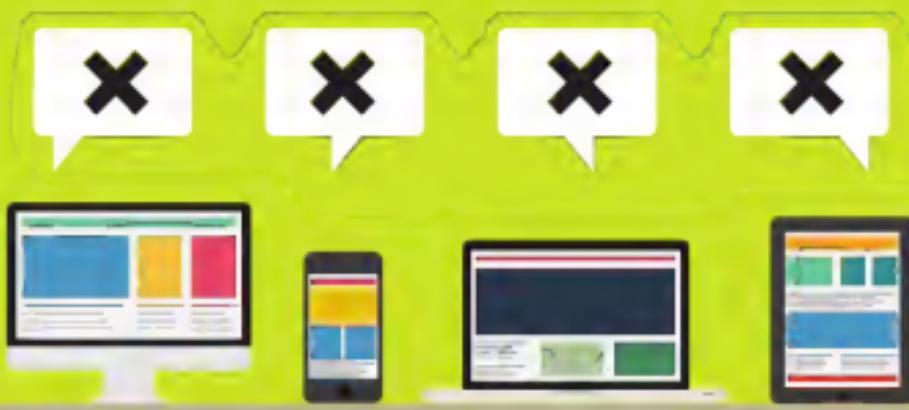
You must be on the register if you want to vote. You can register to vote by visiting www.gov.uk/register-to-vote and entering your personal details and your National Insurance number, which can be found on pay-slips, letters about benefits, tax returns, and other official correspondence. You are not automatically registered to vote, even if you pay Council Tax, or have registered to use other council services.

You must be on the register if you want to vote. Citizens of the European Union are not able to vote in the UK General Election.

Other reasons to register:

- > The electoral register is used by agencies to check your name and address if you are applying for credit, a mortgage or a mobile phone contract
- > Schools may use the register to check that you live within their catchment area
- > The register may be checked if you are requesting a resident's parking permit.

For more information about how to register online visit www.gov.uk/register-to-vote or for general information visit www.newham.gov.uk/register-to-vote



An action thriller with magic, witches, fighting and murders! It sounds like the latest film blockbuster, but it's how actor Robert Mountford describes the production of Macbeth at Stratford Circus from 26 to 28 March.

Brush up your Shakespeare





The performances at Stratford Circus, directed by Jatinder Verma, are the London premiere of the Tura Arts production staged in association with Black Theatre Live and Queen's Hall Arts, a consortium supporting black and minority ethnic-led touring theatre.

This version is an explosive brew of treachery, ambition and passion, setting an Alain family on a path of self destruction. It is a powerful take on William Shakespeare's darkest play, here set in modern Britain but performed as the lines were originally written.

Robert, in the title role, is looking forward to bringing one of The Bard's darkest characters to Stratford. He said: "Shakespeare makes his bloodiest villains appear almost inhuman. Macbeth knows exactly what he's doing, he has calculated exactly what he needs to do to get to the top."

"Our version of Macbeth is dynamic, exciting, visceral live theatre"

Shakespeare is continually being re-interpreted and re-invented but Robert says this production will not stray from the original text. "It is hard to say the lines better than they were actually written. Shakespeare is for everyone. The challenge is being able to tell the story as truthfully as you can through his words, but making it relevant to today. The reason the play has survived so long is because it is a human story. We've simply given it an Indian flavour."

"If we do our jobs correctly, people will stop thinking about it being old language after the first few lines. It was originally written for an audience that largely couldn't read so they had to hear the words and be able to absorb the message very quickly."

There are 17,121 words in Macbeth, making it Shakespeare's shortest play. Superstition has it that if you say Macbeth out loud in a theatre, it is bad luck. That's why it's often referred to as the 'Scottish Play'. Robert said: "I'm not superstitious. With the number of times the word is said in the play, you can hardly get round it."

He admits Macbeth is a hard play

to find laughs in but says there is some "cheekiness" in the way the Witches are being portrayed. Here they are played as Hyras, a transgender community who in India have legal rights as a third sex. He said: "It is a fascinating idea. Hyras have their own rituals and culture. We present them as mischievous supernatural beings which I hope people enjoy as well as being very of them too."

Robert, who appeared recently in BBC TV drama *Silent Witness*, is looking forward to making his debut at Stratford Circus. He said: "I've seen lots there and at Theatre Royal Stratford East. I'm excited. It's a boisterous audience and I love that."

This production is suitable for people aged 12 and above. Robert said: "Live performances is hugely important to young people. They can experience all sorts of emotions and go away and think about how what they've seen affects them in life."

"I raise my hat to Newham Council for getting children into theatre. I grew up near Birmingham so was able to visit Stratford-upon-Avon a lot to see the Royal Shakespeare Company. It connected with me and now I enjoy playing it."

He concluded: "Our version of Macbeth is dynamic, exciting, visceral live theatre. It has magic, witches, fighting and murder. It's a fast action thriller people will enjoy."

Stratford Circus has teamed up with the Newham Mag to offer two pairs of tickets to the performance of Macbeth on Thursday 26 March at 7.30pm. To be in with a chance of winning a pair, tell us who is playing the lead role?

Closing date for entries is 5pm on Thursday 19 March. Send your answer to the Newham Mag, Newham Dockside, 1000 Dockside Road, London E16 2QU or email: newham.mag@newham.gov.uk

For ticket information visit www.stratford-circus.com



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Centre of Academic Excellence



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- From 7 years to Adults

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MATHS - ENGLISH - SCIENCE www.knowledg-box.com



the newham mag

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on 07900 529 090 or email
julie.madell@newham.gov.uk



Newham London

Newham Council's Fleetcare

MOT for Class 4 (car) – currently £40

Includes FPRB winter health check when booked online

We can also MOT all vehicles in classes 3, 5 and 7
(up to 3,500kg design gross weight) by appointment only



Book online www.newham.gov.uk/MOT
Or contact us on 0800 6472 0943

Central Depot, Folkestone Road, East Ham, London E6 6BX

Newham London

Outdoor event catering businesses

Do you live in Newham or is your catering business based in the borough?

We are looking for outdoor catering businesses to trade at The Mayor's Newham Show, Under the Stars or our Guy Fawkes Night Fireworks Display.

For further information, please contact the Events Team

T: 020 3373 7510 E: events@newham.gov.uk

Facebook: [NewhamEvents](#)





Showing that we care

From 1 April, the Care Act core will become law in England. It represents the most significant reform of care and support in more than 60 years, putting people and their carers in control of their own care and support. If you or someone you know receives care and support from Newham Council, you should find out how the reforms affect you.

Any changes to your care and support will depend on your personal circumstances, but there are three main areas you should be aware of:

- If you are an unpaid carer, the Care Act brings in new entitlements to help you maintain your caring role and your life beyond your caring role. You will be entitled to an assessment and if eligible for support from the council for particular needs, you have a legal right to receive support for those needs, just like the people you care for. This could be practical support like

being able to take a break from caring responsibilities, or you may be entitled to a direct payment to spend on things that will make it easier for you to carry on caring.

- The Act also introduces a standard national eligibility threshold. This means that wherever you live in the country, or if you plan to move within England, you will be eligible for support if your needs meet the threshold.
- Finally the Act requires that all councils across England must offer a Deferred Payment Agreement to people needing care and support who meet certain

eligibility criteria. A deferred payment agreement is an arrangement with the council that will enable you to use the value of your home to help pay care home costs. If you are eligible, the council will help to pay your care home bills on your behalf.

If you require more information about the changes visit www.newham.gov.uk/careact or email CareAct2014@newham.gov.uk or call 020 8430 2900 (select option 2).



Are you a landlord, property developer or managing agent looking to let a property?

No commission, no fees, no hassle.

Newham Council URGENTLY requires properties and wants to work in partnership with local landlords and managing agents to rent their properties.

The council can offer:

- Up to £2,000 non-refundable cash incentive payment
- £200 non-refundable cash payment to hold a property
- Deposit bond to the value of six weeks' rent
- Deposit and rent in advance

Working with the council means:

- Ongoing landlord support and advice
- Support to maintain the tenancy
- Direct rent payments
- Local housing allowance (LHA) rates paid

If you have any properties or would like to find out more about our Private Rented Sector Scheme, contact the Housing Supply team now

Telephone: 020 3373 1148

Email: PRSSupply@newham.gov.uk



Only put these items in your recycling bin

Please put all general waste in your rubbish bin.
www.newham.gov.uk/recycling

Don't rubbish where you live

We all have a responsibility for what we do with our rubbish. There's nothing good about littering, and those we discover doing so are hit in the pocket.

Newham Council has a zero tolerance policy to littering. In the 2013/14 municipal year we issued more than 8,000 Fixed Penalty Notices (FPNs) to residents and visitors for a range of environment crime offences, including littering, fly-tipping and fly-posting, illegal street trading and waste in front gardens.

Unfortunately, there are offenders who believe they're above the law and provide incorrect information about themselves or fail to pay their fines. The council will not apologise for cracking down hard on crime and anti-social behaviour. The pictures on this page show people who are responsible for dropping litter and other forms of anti-social behaviour. If you recognise anyone please call 020 3373 4479 and quote the reference number below the picture.

If we do know who you are, but you do not pay your FPN, we will take you to court where you could be ordered to pay for more than the amount of the original penalty notice. That happened to three people the council prosecuted at Thames Court last month who failed to settle their FPNs for dropping cigarette butts. Magistrates fined them and also ordered them to pay the costs of the case and a victim surcharge payment.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- you will not be required to provide your name
- you will not be required to leave your contact details
- you will not have to make a statement

Don't put up with rubbish. Don't drop it and if you see it report it. To get it cleared up report it online at

www.newham.gov.uk/MyNewham or download the Love Newham app by visiting www.newham.gov.uk/lovenewham

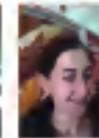
Call 020 3373 4479 and quote the reference number beside the picture.



Ref: 88038830



Ref: 88038850



Ref: 88038871



Ref: 88038788



Ref: 88038734



Ref: 88038728



Ref: 88038887



Ref: 88038743



Ref: 88038180



Ref: 88038548



Ref: 88038248



Ref: 88038714

CAUGHT ON CAMERA

Market to support women

Residents are invited to a fun day and market in Manor Park on Saturday 4 April that is being held to help women in business.

The free to enter Women@Women market is taking place from 11am to 4pm at the Jacob Cornwell Community Centre in Jack Cornwell Street. Women are encouraged to book a stall



and any unwanted items.

Also on offer will be a sale of clothing and jewellery and fun activities including henna tattoos, face painting and bouncy castles.

You can book a stall by calling

01473 736 570 or for more information visit www.women@womenmarket.co.uk.

Tickets prize is icing on cake



Here's your chance to enjoy the icing on the cake when the Cake International - Sugarcraft, Decorating and Baking Show returns to the ExCeL exhibition centre in the Royal Docks later this month.

The Newham Mag has teamed up with Cake International to offer two family tickets to the show, where you catch up with all the latest ideas, demonstrations and workshops, to make the perfect cakes. The show takes place from 27 to 29 March from 10am to 6pm.

Cake decorating expert Mitch Turner will be opening the show, accompanied by master chocolatier Will Tarent. Both will be appearing at various times throughout the show to share their expertise in the Cake International Theatre with live demonstrations.

To be in with a chance of winning a ticket for a family of four people, answer the following question: What is the name of the cake decorating expert who is opening the show?

Send your answer, name, address and telephone number to **Newham.Mag@newham.gov.uk** or write to Newham Mag, 1000 Dockside Road, London, E18 2GU, before 20 March.



OUR
D

Hop to it for fun runs

Residents young and old are invited to hop to it and take part in a series ofancy dress Bunny Run at Queen Elizabeth Olympic Park on Saturday 4 April.

Races will be taking place over 1K, 3K and 5K distances and there will also be a Little Bunny Fun Run for children aged eight and under. They are open for all ages and abilities and no previous experience is necessary.

This fun run will feature a visit from the Easter Bunny and local rice refreshments. All participants will get a medal.

The day starts at 10am at the Timber Lodge Cafe. The cost to enter is £5. You can register online at www.actionnewham.org.uk or by calling 0300 124 0123. For more information call Corri Naouze on 07716 394756 or email corri@englandathletics.org



Hop along to our Bunny Run!

1K, 3K & 5K Bunny Run
Local rice refreshments
Medals for all
Saturday 4 April 2015
Queen Elizabeth Olympic Park

Love story with real bite

Residents are invited to the launch of the first book by Stratford resident Elizabeth Akensiga when features in love of romance, vampires and wolves.

Sebastian: The Life of Sebastian and Henna Ongesa, has been written by author Elizabeth, who began writing her writing into her spare time while looking after her baby. It took her six months to write the first draft.

The novel features 20-year-old Sebastian with his mother (Elizabeth) his mother on his shoulders in memory of a past memory. Henna as a child, Henna is a wolf though she can't see her true nature because she can't protect her human appearance.

Elizabeth will be signing copies of her book there on Saturday 28 March from 1pm to 3pm at 82-84 Celebration Avenue, situated in East Village on Queen Elizabeth Olympic Park.



Help to beat stroke

A new social group is being set up for adults under 50 whose lives have been affected by stroke.

Stroke is often considered an illness of old age, but many younger people are being affected and don't know where to go and what to expect.

Newham Council's Plaistow Community Neighbourhood team have launched 'go with the Show' Association to launch this new Together social group that will meet fortnightly at Plaistow Library. It will provide information, peer support and social and recreational activities including games, conversation, music, outings, talks and presentations by visiting speakers.

The inaugural meeting takes place on Friday 27 March from 2 to 4pm at Plaistow Library in North Street where you can learn more about what the group has to offer and the signs and symptoms of strokes. Sessions will take place fortnightly from Friday 17 April.

For more information contact Habiba Ali on 07612 675 296 or email Habiba.Ali@SC@Newham.gov.uk



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

GALLERY



Sophie Green, 7



Faizat Naseem, 10

Winner



Amrit Puri, 9



Isha Kalra, 7

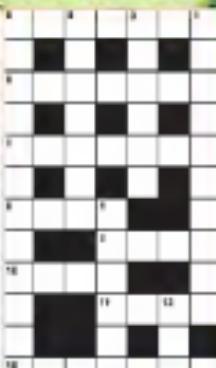
Free membership at Stratford Picturehouse

The issue's winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize, send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QJ**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. Good luck! Visit www.picturehouses.co.uk to see what's on



Colour-me-in Crossword



Across

1. Seats on the backs of horses (7)
3. He plays football for Real Madrid and Portugal (7)
4. World's most commonly spoken language (7)
5. Emblems on clothing (4)
6. Spun threads used for knitting and weaving (4)
7. Young bone (6)
11. Pine, birch or oak (6)
13. Everlasting (7)

Down

1. Aged 2 Down. Popular television dancing show (8,4,7)
2. See 1 Down
3. Trumpet-shaped flowers with tall stems (6)
4. Monument on Gainsborough Plain (10)
5. Mollusk which may contain a pearl (5)
12. Long period of time (6)

Poem

Best friend

We don't always like the same things,
like ice cream,
we like different flavours.
And we don't always see things
the same,
once you called me a name,
and I returned the favour.

But you are my best friend, forever.
We won't ever let that end.
No never.
You are here for me and I am here
for you,
that's what best friends do.

We don't always see eye to eye,
but we don't mind it.
We don't always get along,
but our friendship is strong.
I want this to be our special little song.

And you are my best friend,
forever.
We won't ever let that end.
No never.
You are here for me and I am here
for you,
that's what best friends do.

We don't always fit in with the crowd,
but we still stand proud.

We don't care what other people say.
We go our own free way.
That works a whole lot better.

And you are my best friend,
forever.
We won't ever let that end.
No never.
You are here for me and I am here
for you,
that's what best friends do.

Isobel AH, 11

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1

Writers Group – Thurs 26 Mar, 5.45-7.30pm, The Gate Library, 4-20 Woodgrange Rd, E7. Get involved in writing and improving your writing skills.

2

Girls Football (14-25yrs) – Every Tues, 4.15-5.30pm, Newham Leisure Centre, 281 Prince Regent Ln, E13. All abilities welcome. Call 07741 263 514 or email Abul.Musaain@active-newham.org.uk

3

Newham Ability Camp (11+yrs) – Every Mon, 6-7pm, Forest Dale Youth Zone, 1 Woodland Rd, E7. A pan disability multi-sports club. Call 07811 671 062

MENTION THE MAG...

Are you aged 16 to 19 and not in education, training or employment? Future Links, a division of the Community Links group are offering training in interview skills, CV writing and much more.

A ten-week course that gets you ready for work and life. Future Links offers you the chance to build confidence, gain useful qualifications and skills to find work. If you would like to be first tracked on to the course, mention the Newham Mag when enrolling.

Community Links is based at 101 Bowes Rd, E13 8HQ. Call 07766 628 540, visit www.community-links.org or email alya.mirza@community-links.org



TRY SOMETHING NEW... CYCLING

Experience the world class facility that is Lee Valley VeloPark when activeNewham stage multi-discipline cycling sessions on Wednesdays from 4.30-6pm. Gas is invited in BMX, Mountain Biking or Road Racing. Bikes and safety equipment are provided and participants are required to be able to ride a bike confidently. Booking is required with spaces limited. The VeloPark is in Abercrombie Road, E20. Call 0300 124 0123 or email Paul.Farthing@active-newham.org.uk



Indicator free sessions

Unless otherwise stated

UNDER-FIVES

Music and Rhyme

Tues, 10.30-11.15am; Custom House

Rhyme Time

Thurs, 1.30-2.15pm; Custom House; Mon, 4-4.45pm; Canning Town

Storytelling

Mon, 11am-12noon; Tues, 20-11am; Beckton Globe; Mon, 10.30-11.15am; Custom House; Tues, 10.30-11.30am; Canning Town; Tues, 11am-12noon; The Gate; Tues, 10.30-11.30am; Thurs, 9.45-10.45am; East Ham; Sat, 11am-12noon; Green St; Fri, 11am-12noon; Manor Park; Thurs, 2-3pm; North Woolwich; Thurs, 2-3pm; Plaistow; Tues and Fri, 11am-12noon; Stratford

Stay and Play

Support for parents and carers to develop their child through play. Tues 10am-11.30am; Weds and Sat, 7.30-8.30pm; Jack Straw's Club, Fri, 8.30-9.30pm; The Gate; Tues, 9.30-10.30am; Jayes C of E Tues, 10am-12noon; Greenhouse; Thurs, 1-2pm; North Woolwich; Sat, 12noon-1pm; Canning St

Music and Movement

Sessions for parents/carers and children

Mon, 10.11am; Chiswick

Baby Sing-a-Long

Thurs, 7-7.30pm; North Woolwich

YOUNG PEOPLE

Board Games Club (7-12yrs) Play chess, Checkers, Ludo, Monopoly and more. Term time Thurs, 4-5pm; Green Street and Custom House; Thurs, 4.30-

6pm, North Woolwich, Tues and Fri 4-6pm Stratford (am) Mon Sat, 2.30-4pm, Manor Park

Newham Club (7-14yrs)

Free study support, Term time Fri 4-5pm, Stratford and Canning Town, Fri 3.30-5.30pm, Thurs 4-6pm, Peckham, Fri 4-5.30pm, East Ham, Sat 2-3.30pm Green St, Woolf, 3.30-5.15pm, Manor Park, Mon 3.30-4.30pm North Woolwich, Mon 4-6pm, Stratford, Sat 10am-12noon, The Gate

Games Club (7-14yrs)

Sony PS3, Xbox360, Nintendo Wii, board games and more Tues 3.30-5.30pm, Custom House, Thurs 4-6pm Canning Town, Wed, 3.30-5pm Forest Gate, Mon 3.30-4pm Peckham

Froud Young Project (7-16yrs)

Activities for young people Mon 3.30-5.30pm Jack Cornwell C.C

Children's Movie Club

Booking essential Thurs, 4-6pm, 7-12yrs, The Gate Tues 3.30-5.30pm, 0-12yrs, under 8s must be accompanied by an adult, Green St

Arts and Craft Workshop (5-14yrs)

Fri 3.30-5pm, Green St Sat, 2-3pm, Custom House and Canning Town, Tues 4-5pm Peckham

Puzzles, Quizzes & Colour

Mon 3.30-5pm, Green St

Young Readers Club (7-12yrs)

Read and discuss your favourite books, Tues, 4-5.15pm, North Woolwich, Sat 10.30am-12noon, Manor Park

Children's Movie Matinee (0-13yrs)

Weds, 2pm, Peckham

Let's Start Sewing (7-16yrs)

Beginner sewing classes, Sat, 12noon-3pm, Woodman C.C. Woolman St, E16. Email theteam@lscfoundation.org.uk

ACTIVITIES AND SUPPORT



Time 2 Craft (16+yrs)

Sat 10am-12noon, Stratford

Adult Reading Group

Discuss your favourite books and discover new writers. Sat 12noon-1pm, Green St Thurs 19 Mar, 6.30-7.30pm, East Ham

Cheese Club

Mon, 5.30-7.30pm, East Ham Weds 3.30-5pm, Green St Thurs 5.30-7.30pm, Stratford Fri, 3.30-5.15pm, The Gate

Coffee Mornings

Tues 10.11.30am, Beckton Thurs, 10.11.30am, Canning Town, Tues, 11am-12.30pm Custom House, Thurs 10-11.30am, North Woolwich, Wed 18 Mar, 10.30am-12noon, Green St, Wed 18 Mar, 10am-12noon, East Ham, Tues 17 Mar, 10.30am-12noon, Peckham

Do It Online (16+yrs)

Free six or eight-week basic computer training. Advance booking required, contact library directly Tues 10am-12noon, The Gate Tues, 10am-12noon, East Ham, Tues 10am-12noon and 2-4pm, Peckham, Mon, 10am-12noon, Manor Park, Weds 2-4pm, Stratford, Thurs, 10am-12noon, Green St, Thurs, 10am-12noon, Katherine Rd C.C. Wed 10am-12noon, Peckham

Knit & Natter (16+yrs)

Weeks, 10am-12noon, Beckton, Fri, 10.30-11.30am, Canning Town, Fri, 10am-12noon, East Ham, Tues 10.30am-12.30pm, Manor Park, Weeks, 10-12.30pm, Green St, Thurs, 10am-12.30pm, Katherine Rd C.C. Wed 10am-12noon, Peckham

ICT Surgery

IT advice for all ages Mon 10am-12noon and 2-3pm, Peckham Wed, 10.30am-12noon, Stratford, Fri 2-4pm, Canning Town

Stratford London Toastmasters

Public speaking and leadership

club, 1st and 3rd Monday of month, 6.30pm, Stratford

For applies, Call 020 3373 0826

Weekly Get Together

Try new things. Weds 10.30am-12.30pm, Green St, Call 020 3373 0857

Love Newham app drop-in

Learn how to report issues via the app. Mon 10.30-11.30am, The Gate

Inspire Future Group In

Advice on ESOL and citizenship. Thurs, 2-4pm, Green St

Community Links Drop In

Debt, housing and benefit advice. Call 020 8548 9825 to make an appointment. Thurs 19 Mar, 3.30-5.30pm, Katharina Rd C.C. Call 020 8548 6845, Mon 16 Mar, 12noon-2pm, Green St, Call 020 3373 0857

ESOL

Improve your English language, Mon and Weds, 7.30pm Call 020 8522 5772 to enrol. Katherine Rd C.C: Tues, 8.30am-12noon, Fri 9.30am-12.30pm, Jack Cornwell C.C.

Tues and Fri, 1-3pm, Peckham

ESOL, citizenship and life in the UK preparation class

ICT Drop-in Session

Set up a My Newham profile and create an email account. Fri, 10am-12noon, The Gate, Fri, 10am-12noon, Green St

Bingo Night (16+yrs)

Thurs, 5.30pm, Green St

Aerobic Exercise

Workout and body stretching Tues, 9.30-10.30am, Jack Cornwell C.C. £1.50

East Ham Youth Zone

Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Nappy Living Club

Indoor and outdoor activities for over 50s. Tues and Weds, 1.30-5.30pm, Jayes C.C.

SNT Drop-In

Fri, 12noon-1pm, Stratford Thurs 26 Mar, 10-11.30am, Canning Town, Thurs 24 Mar, 11am-12.30pm, Custom House, Wed 25 Mar, 3-4pm, Green St

New Deaf Club

Opportunity to learn new and exciting things for members. Mon, 6-8pm, Stratford. Costs up to £2

Silver Surfers IT Course

Fri, 2-3.30pm, Beckton Support in Action

Thurs, 12noon-4pm, Jayes C.C

Adult Games Club

Mon 10.30am-12.30pm Green St

Martial Arts

Tues 5-6pm, Jack Cornwell C.C

Community Networking Mornings

Wed 25 Mar, 10am-12noon, The Gate

Sexual Health Advice

Mon 23 Mar, 11am-2pm, The Gate

CHANA

Cancer You Are Not Alone Thurs 26 Mar, 3-5pm, The Gate

Gamers & Board Games Group

Thurs 26 Mar, 1-3pm, Peckham

Get an Target Business Advice Surgery

Tues, 12noon-2pm, North Woolwich, Call 03001 576 483 10.00am

COMMUNITY ACTIVITIES



Bumps and Babies

Up to 1yr A free home-based meet up every Wed, 1-3pm for expectant parents and those with babies. Email newhamncl@hotmail.com

Meet and Greet

Mums, Bumps and Babies. Fit in various cafes around Newham. Visit www.nclmumsandbabies.com or email jayes@newham.gov.uk

Royal Docks Learning & Activity Centre

Mon, Needlecraft, Knit & Sewn £2
Tues, Parent and Toddler Group £10-12noon, £1
Bingo 10am-12noon £1
Wed, Keep Fit, 10-11am, £2
Employment 1-2-1 support, by appointment. Checks available
Thurs, Tel CH 123, first session free, 10:30am-12noon
Line Dancing, £1, first session free, 7-8pm
Men-Pr, After School Club for Gallions Children's Village, St Joachim's and Drew primary schools
Men-Pr, Open Access After School Club, 4-6pm, £3 per day
Royal Docks Learning & Activity Centre, Albert Rd, E16
Call 020 7476 1656. Visit www.rdlac.org.uk
Search rdlacommunity on Facebook

Junior Volunteer Police Cadets (10-12 yrs, term time)

Wed 3:30pm-6pm Little Ford School, Browning Rd, E12, £1
 Thurs 4:15-6:45pm Upton C C, Claude Rd, E13, £1
 Call 07500 881 378

Senior Volunteer Police Cadets (13-17 yrs)

Wed, 6:30-8pm Little Ford School, Browning Rd, E12
 £2.50. Thurs, 6:30-8pm, Duxton Community School, Ealing Rd, E16. £2.50. Call 07500 881 378

BOXING AND SELF DEFENCE

Boxing (Newham College)
 Mon 5-6pm East Ham College, High St South, E6

Fight For Peace Boxing

Mon to Fri, 4-5pm 10-16yrs
 Mon to Fri 5-6pm, 16-18yrs
 Wibdonian St, North Woolwich, E12. Call 020 7474 0034

Punch Out (16yrs+)

Fri 4-5pm, Katherine Rd C C
 254 Katherine Rd E7

Intense Fitness (14+yrs)

Workouts: boxing and wrestling

Fri 8:30-10pm, £5, The Hartley Centre, E8. Call 07879 253 642

Newham Shejūlin Karate

Wax (term time) 4:30-5:30pm, Fr 6:30pm and 7-8:30pm, Sun 10-11am. Under 15yrs £4
 15yrs £5, concert £5
 Newham Leisure Centre E13
 Call 07528 070 628

Docklands Shejūlin Karate

Mon and Wed, Juniors and beginners 7:30pm, all other grades 8:30pm. First session free, under-75yrs £4, 16-26yrs concert £5. UEL SportsDock, call 07706 685 893

Streatham Judo

Competition training, Juniors (8-14yrs), Tues and Thurs 6:30-8pm, seniors (15yrs), Tues and Thurs 8:30-9:30pm
 Beginners, Juniors (8-14yrs)
 Wed 6:30-7:45pm, seniors (15+yrs), Wed 7:45-9:15pm
 From £2, £5 per class

Carpenters and Dockland Centres,
 98 Cobbe Rd, E7
 Call 07965 601 260
www.streathamjudo.com

West Ham Boys ABC

Mon, Wed, Fr, mixed (6-16yrs)
 5-6pm, Sat, boys (6-17yrs)
 10:15am, girls (7-16yrs), 11am
 12noon, £2, 2 London Rd, E13.
 Call 0800 0472 2014

HEALTH AND FITNESS

AllAboutFit

All ages and ways! Mon 7:30am (Women only)
 Tues, 11am-12noon (mixed)
 Jack Cornwall C C

Bootcamp and Circuits with Al

Mon, 6:30-7:30pm Chardot East Community Hub, E15. £4
 Call 07555 844 252

Jessie's Fitness

Mon, 7:15-7:45pm, Battersea, £3,
 40, The Hartley Centre, E8
 Call 07818 000 642

Twisted Pink Street Dance

7-14yrs, Thurs 6-7pm, St Lukes Church, Rating Rd, E7
 12-16s, Fr 6-7pm, Maryland

Saturday, 9am Leytonstone Rd, E15. £3. Call 07981 544 017,
[visit www.twistedpink.org.uk](http://www.twistedpink.org.uk)

Zumba Fitness

Mon and Weds, 7-8pm, £5 and £4 for 2nd class. Wanganie Lane Community Centre, Gower St, E15. Call 07500 598 655

Zumba with Jessica

Mon 6:30pm £2.50
 Ada Community Hub, 14r, Camber Rd, E16. Sat 8:30am, circuit £4. Community Resource Centre, 200 Chigwellgate Ln, E13. Call 07584 951 484

Zumba

All ages. Registration essential!
 Bring water and a towel
 Weds 7:30pm £5, Beckton C C
 Mon 9:30-10:30am, £3, Jack Cornwall C C, Fr 9:30-10:30am, Jack Cornwall C C, Free

Let's Yoga

Thurs 6:30-7:30am
 Grasscrete, E5 Sat, 10am
 12noon, Jayee C C, £1. Weds 7:30pm, Pitlochry, £1.

Lee Valley Cycling

Wed, 4:30pm Lee Valley Velopark, E8 Email
 Paul Farthing
paul@newham.org.uk

Indoor Tennis

Mon, 6-8pm, Lee Valley Hockey & Tennis Centre E2 Email Paul Farthing
paul@newham.org.uk

Mini Tennis

Tues, 4:30pm and 5-6pm, East Ham Leisure Centre, 4 Byrd, Thurs, 4:30-5:30pm and 5-6:30pm, Newham Leisure Centre, 4 Byrd and 8-16yrs £10 for 10 sessions Email Paul Farthing
paul@newham.org.uk

Outdoor Tennis (14-25yrs)

Fri 5-6pm Stratford Park, Email Paul Farthing
paul@newham.org.uk

50+ ACTIVITIES

Age UK East London
Nordic Walks (18+)

Tues, 9:30-10:45am, meet at

Age UK East London Newham Branch, 655 Barking Rd, E13
 Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20
 For more info call 07888 938 242

Wellie Walks

Mon 2pm starts by the War Memorial, Central Park, E8
 Call 07518 750 120
 Tues, 9am starts outside Plat a Manger, Stratford Station, Call 0844 414 2728
 Tues 1:30pm starts at the corner of Winstanley Rd at the junction of Copeland Road and Woodford Rd, Call 0844 474 2728
 Wed, 10:30am, starts outside Hareholt Centre, McGrath Rd, E15. Call 07500 281 120
 Thurs 1:30pm starts at the corner of Winstanley Rd at the junction of Copeland Road and Woodford Rd. Call 07508 744 555

Thurs, 2pm, starts by the War Memorial, Central Park, E8
 Call 07518 750 120
 Th 10:30am, starts outside St Marks Community Centre, Tolgate Rd E8. Call 07500 244 555

Newham Striders

Daily walking group
 Call 0844 414 2728

Nordic Walking

Wed, 9:30am Meet at Lord Lister Health Centre, E7. Not suitable for wheelchair users
 Call 07753 660 423
 Fr 6:30pm Meet at Newham Leisure Centre E13
 Sun, 10-11:30am Meet at East Ham Leisure Centre, E6

Young at Heart

Bingo Club Mon 12noon 4pm £1. Jays C C
 Call 07518 000 642

Bellroom Dancing

Mon 10am-12noon St Paul's Church Centre, Bungay Rd, E6
 £2.50 per session
 Call 07761 202 453

Active Centre Bingo (50yrs+)

Thurs, 7:30pm, Jack Cornwall C C
 Mon, 12noon-4pm, Jays C C
 Tues, 9:30-10:45am, meet at

Tea Dance

Wed 18 Mar, 1-3pm, St Marks
Ct E15 750

ACCAN

Fish-based group with cultural
activities. Fr, 11noon-2pm
Joyce C C

DINEEN**Green Gym**

Wed 10am-1pm, meet at Valley
Centre in East Ham Nature
Reserve, Norman Rd E6. Call
07845 579 180

Green Volunteering

Tues and Thurs, 10am-2pm,
Silvertown Wt, E16 (opp
Halfway Rd)

Garden Club

Tues 1-3pm, Thurs, 4-7pm,
Sat 10am-4pm, Abbey Grange,
Bakers Row, E15

Gardening Thyme**Gardening Club**

Fri 11am-2pm, Bowring Green,
Central Park, High St South, E6

Grow Together Be Together

Community Gardening Club
Wed 10am-1pm Sat, 1pm-3pm
Flowers Field, Melbourne Rd
entrance E6. Call 079 5556 7070

DOORSTEP CLUBS

Call 0744 414 2728 unless
otherwise stated

Athletics Club (14yrs+)

A multi-sport session focusing on
athletics, football and the gym.
Tues 6-8pm, Newham Leisure
Centre, E13. Call 07718 363 755

Gym & Basketball (14yrs+)

Tues 6-8pm, E2, Rokaby
School, Barking Rd, E18

Stand & Tumble (14yrs+)

Thurs 7.30-9pm, E5, Barnet Centre
& Dance, Colliers Reach, Arnolds
Wt, E8. Call 07980 612 610

FEMALE SPORTS**Booked In! Sessions**

Tues, 4-6pm, Chobham
Academy, 40 Cheering Ln, E20

Dave2Dance (12-16yrs)

Street dance, Fr, 3.30-5.30pm
Newham Leisure Centre, E13

Female Bootfit (14yrs+)

Mon, 4-5.50pm, Bokan Leisure
Centre, E13. Call 07970 783 528

Girls Football (11-16yrs)

Tues 4-5.30pm and Thurs
5-6pm, Newham Leisure Centre
Fr 5.15pm, Memorial Park, E15

Girls Group Cycling (11-16 yrs)

Tues and Thurs, 5.5-5.30pm,
Newham Leisure Centre, E13

Just Play (14yrs+)

Wed, 6.30-8pm, multi sports
(term time) Cumberlege School,
E13. Call 07844 414 2728

Abs Blast (11-15yrs)

Thurs, 5.30-6pm, E2, 10,
Newham Leisure Centre, E13

AthleFit (14-18yrs)

Athlete fitness, Wed 5.30-6.30pm
E2, Handys Community Centre
Niper Rd, E5. Call 07718 354 756

Female Only Gym Sessions

Mon, 3-4pm, 10.30yrs
Mon and Wed, 7.30-10.30pm

Tues and Thurs, 1.30pm-1.30pm
Sun 3-6pm, Fr 11yrs, E4 65,
Newham Leisure Centre, E13

Get Back Into Netball

Tues 6.7-8pm, Juniors,
7.30-8pm seniors, E2, Lester
Community School, E13. Call
07717 281 529

Julie's Mums On The Run

Wed, 10-11.30am, E5, or bring
a friend and both pay £4 each
Abby Lane Park, E15
Call 07887 374 772

KeepFit!

Wed, 10am, E1, Chondos Dard
Centre, E15. Call 07960 944 026

Keep Fit - Stay Fit

Sat, 10-11am, E3 50, Jack
Comwell C-C E12. Call 07785
054 718

Ladies Only Keep Fit

Wed 10am E1, Chondos Dard
Centre, Chondos Rd E15
Thurs 10am E1 50, Rokaby
Centre, Rokaby St, E15

Shella's Yummy

Mummy Buggy (16yrs+)
Mon, 10-11.30am, E5, Central
Park, High St South, E8 (near
outside call in the park). Fr 10-
11.30am, Peashol Park, Peashol
Stre, E8. Call 07908 614 958

Women's Badminton

Fr, 1-2.30pm, East Ham Leisure
Centre E8 02, equipment
provided. Call 07500 152 026

Woman United AFC (11yrs+)

Mon (term time), 6.7-7.30pm,
E1 Kingsford School, E8. Call
07722 932 979

Zumba and Tone

Tues 1.30-2.15pm E1
St Etheldreda's Church Hall
Bunting Rd, E5. Call 07944 775 679

**SPORTS AND PHYSICAL
ACTIVITIES FOR
DISABLED PEOPLE****Ability Club (14-25yrs)**

Multi sports for disabled young
people. Wed 5.30-6.30pm and
Fr, 4-4.45pm, Newvic, E13

Athletics (6-16yrs)

Tues 4.15-6.15pm, Romford
Manor, Roman Rd, E6 Thurs
4.30-5.30pm, St Angels &
Ursuline School, E7 Email
enquiries@ringlandathletics.org

Family Swims

Sat, 4.30-5.30pm, Newham
Otters Swimming Club,
Newham Leisure Centre, E13
Call 07000 124 0129
Sun, 12.30-2pm, Family Swims
Boscombe Leisure Centre, E5
Call 07000 124 0123

Get Fit for Free

Tues 7.30-8.30pm and
Fr 10am-12noon. Free gym
use for people with learning
disabilities. Newham Leisure
Centre, E13. To book an
induction call 07000 124 0123

Sensory Play (0-5yrs)

Wed (term time) 1.30pm-3pm
Oliver Thomas Children's Centre,
Mashew Ave, E6 Email oliverthomas.newham.nhs.uk or call 020 8971 0597

Swim for Families**Dealing with Autism**

Wed 4-6pm, Bokan Leisure
Centre, E13. Call 07000 124 0123

Support in Action (16yrs+)

Indoor and outdoor activities
advise and support. Thurs
12noon-3pm, Upton C C

RUNNING**Beckton Park Run**

Sat, 9am, Beckton Park South,
E16. Call 07718 394 756
www.parkrun.org.uk/beckton

East End Road Runners

Tues and Thurs, 7pm
Sun, 9am, Meet on the track.
Coached sessions for
all abilities. Newham Leisure
Centre, E13. Call 07993 261 847

Run England

CP unless stated.
Sun 10am-12noon Newham
Leisure Centre, E13 (meet on track)
Mon, 4.30-5.30pm Newham Leisure
Centre, E13 (meet on track)
Mon, 5.45-6.45pm Newham
Dockside, E16 (meet at reception)
Wed, 12noon-1pm, Newham
Dockside, E16 (meet at reception)
Thurs 5.15-6.15pm, UEL
Docklands Campus, E16
(meet at reception)
Sat 10.11.30am, Wanstead
Flats, E12 (meet at Harrow Rd
Changing Pavilion)
Sat 10.11.30am, Moseley
Park, E15. E4 (meet at car
park). Call 07718 364 074

SPORTS**Athletics**

Newham and Essex Beagles
Athletics Club. Mon and Wed,
6-8pm, Foundation Groups
(8-10 yrs), Mon 7-8pm and
Wed 6-7pm, E5, Avenue
Middleton Stadium, Newham
Leisure Centre, E13. Visit newhamandessexbeagles.co.uk

BMX (6-16yrs)

Sun, 10am-12noon, E3, Gossety
Playing Fields, St Albans Ave
E3. Call 07961 333 615

Fencing with Newham Swords

Tues, 6-8pm; Thurs, 6-8pm
Fri, 7-10pm. Classes for adults (18+), and mini prates (4-7yrs). Tel: SportsDock
Call 07835 671888

Indoor Cricket (8-16yrs)

Wed, 5pm-8pm E2, Lister Community School E13, email paul.latching@newham.gov.uk

Black Arrows Badminton Club

Adults, Fri, 7-9pm; Juniors Sat, 10am-12noon, E7 7Q, East Ham LC. Adults Weds, 7-10pm, UEL SportsDock. Call 07832 037173.

Woodside Badminton Club

Fri, 7.30-8.30pm intermeds and club standard. £5 waged/£3 unwaged. Carpenters and Dockland Centre, 98 Queen Rd, E13. Call 07836 150240.

FOOTBALL

AIR Football (18+yrs)
Tues, 1pm Fri, Adam 12noon, Mencap Park, Memorial Ave, E15
Fri, 3pm, Hackney Potterspugue, E8. Tel: www.footballco.co.uk

Football and Athletics

Thurs, 4-6.30pm, Britannia Village, 85 Evelyn Rd, E16

Football & Multi Sports

Mon, 4-5.30pm, Newham Leisure Centre, E13
Wed, 5pm, Stratford MUGA, West Ham Ln, E13

Mayors Football League

U10ys U12ys, Mon, 4-6pm
U10ys U12ys, U14ys, 6-7pm
Newham Leisure Centre, E13

Premier League (18+yrs)

6-a-side (18+subs) Wed, 7-10pm
Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4-7pm,
WHUCST, Blackett St, E2A Abberton Cl, E8
Thurs, 6.30-7.30pm, Littlefield Learning Zone, 7 Rectory Rd, E13
Thurs, 6.30-7.30pm, Seabrook

Park MUGA, West Ham Ln, E13

Sat, 10.30am-12noon,
Newham Leisure Centre, E13

Accesstion Football

Sat, 10.11.30am, E2
Reception to 11yrs King George V Park, King George Ave, E16. Call 07806 684825

BASKETBALL**Basketball & Multi Sports**

Fri, 5-6.30pm, 8-12yrs, Snowdonia MUGA, Snowdon Rd, E12

Basketball Sessions

Thurs, 5.30-6.30pm, Little Word Learning Zone, 1 Rectory Rd, E12

National League

Mon, 6.30pm, U13/U14ys,
Tues, 6.30pm, U13/U14ys, Rokeby School, E16

Thurs, 4.30-8pm, U13/U14ys boys, U17ys girls, 6.30pm, U18ys, Newham Leisure Centre, E13, 6-8pm, U18ys, Cumberland School, E13

NCFE Sports - Basketball

Thurs, 5.30pm, East Ham Leisure Centre. To register email sports@newham.gov.uk or call 020 8257 4258

Senior Programme

Mon, 7.30-8.30pm, Division 2 Women and division 3&4 men, Rokeby School, E16. Call 07947 491816

Newham All Star Sports Academy (NASSA)

Sessions E1 unless indicated.

Juniors: Fri, 4-6pm

Cumberland School, E13

National League U13ys, U14ys,

U18ys; Tues, 6.30pm, Rokeby School E16

National League U17ys, Tues,

6.30pm, Rokeby School, E16

National League U13ys, U14ys,

U17ys, Thurs, 6-8pm, SportsDock

National League U17ys, Tues,

6.30pm, UEL SportsDock

Junior boys and girls Sat,

10.30am-12.30pm, UEL

SportsDock, E2

Call 07703 603 986

www.basketsports.org.uk

Youngbloods Basketball

All sessions cost £1

U12ys, mixed, Sat, 1-3pm,

East Ham Leisure Centre, E6

U13/U14ys boys, Mon, 6.30pm

and Wed, 4-6.30pm,

St Angels's School, E7

U13/U14ys girls, Mon, 4.30-

6pm and Wed, 4.30-6pm, St

Angela's School, E7

U15/U16ys boys, Tues, 6.30pm,

St Angels's School, E7 Thurs,

8pm, St Bonaventure School, E7.

U17/U18ys boys, Mon and

Wed, 8.10pm, St Angels's

School, E7. Call 07805 307657

COMMITTEE MEETINGS

All meetings, save place at Newham Town Hall, Barkings Rd, E8 unless otherwise stated.

Mon 28 Mar, 2pm, Newham Partnership - Ending Gangs and Youth Violence, Newham Docklands

Tues 17 Mar, 7pm, Crime and

Disorder Scrutiny Committee, 7pm, Health and Social Care Scrutiny Committee

Wed 18 Mar, 6.30pm,

Standards Advisory Committee, Thurs 19 Mar, 8pm, Cabinet 5.05pm, Mayor's Proceedings

Mon 23 Mar, 7pm, Local Development Committee

Tues 24 Mar, 7pm, Strategic Development Committee, Old Town Hall Shadwell

7pm, Overview and Scrutiny Committee

CONTACT THE MAYOR**Surgery**

Tues 17 Mar, 3pm, Newham Town Hall, E8

Telephone surgery

Wed 25 Mar, Call 020 8430 2000 between 9.30-10.30am and leave your details. The Mayor will call you back at a later time

CONTACT DETAILS**LIBRARIES & COMMUNITY NEIGHBOURHOODS**

Beakton Globe, Kirkgate Wk, E8

Canning Town, Barkings Rd, E16

Custom House

Prince Regent Ln, E16

East Ham, 388 Barkings Rd, E8

Green Street, 337-347

Green St, E13

The Gate, 6-8 Woodgrange Rd, E7

Manor Park

88-981 Romford Rd, E13

North Woolwich

5 Pier Parade, E14

Plaistow, North St, E13

Stratford, 3 The Grove, E15

Archives and Local Studies

Call 020 8373 6887

email archivess@newham.gov.uk

LEISURE & SPORTS VENUES

Balsall Leisure Centre

14 Balsall St, E13

East Ham Leisure Centre

384 Barkings Rd, E8

Newham Leisure Centre

281 Prince Regent Ln, E13

Newvic, Prince Regent Ln, E13

UEL SportsDock, Docklands Campus, University Way, E16

COMMUNITY CENTRES (C.C.)

Beckton Community Centre

14 Manor Wk, E8, 020 8511 1214

Field Community Centre

147 Station Rd, E7

020 8526 2000

Grassroots Centre, Memorial Park, Memorial Ave, E16

020 8373 0000

The Herdery Centre

267 Barkings Rd, E8

The Hub, 125 Stirlin Ln, E16

020 8773 0759

Jack Cornwell Community Centre, Jack Cornwell St, E12

020 8553 3429

Joyes Community Centre

1 James Ct, E13, 020 8548 0788

Katherine Rd Community Centre

254 Katherine Rd, E7

020 8548 9805

St Mark's Community Centre

878 Tolpuddle Rd, E8

020 8511 1214

Upnor Community Centre

Claude Ptz, E13, 020 8471 0040

(formerly closed)

Worme Ln Community Centre

Gover Cl, E13, 020 8519 0235

The Well Community Centre

49 Victoria Lane, E8 020 8588 7070

HAVE YOU REGISTERED TO VOTE? MAKE SURE YOU'RE IN!

www.gov.uk/registertovote

General Election – Thursday 7 May



YOUR VOTE MATTERS
MAKE SURE YOU'RE IN





RENT GUARANTEE SCHEME

At ARQ Homes we are currently offering the best Guaranteed Rent product on the market. Not only do we offer the best rental rates to our landlords, the scheme even spares the landlord the cost of most day to day repairs.

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